

Save 20% on the 2nd class when you register for 2 classes in the same session. This includes Pilates! Pay \$12 for each drop-in class or \$18 per non-resident!

YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on

YOGA

Day: Mondays
 Date: May 14 - June 25 Course Code: 12299
 July 9 - August 6 Course Code: 12300
 Time: 5:30 p.m. - 6:45 p.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Age: 18 and older
 Location: Activities House

PILATES

Day: Tuesdays
 Date: May 15 - June 26 Course Code: 12301
 July 10 - August 7 Course Code: 12302
 Time: 5:30 p.m. - 6:30 p.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Age: 18 and older
 Location: Activities House

YOGA AM

Day: Wednesdays
 Date: May 16 - June 27 Course Code: 12303
 July 11 - August 8 Course Code: 12304
 Time: 8:45 a.m. - 10:00 a.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Age: 18 and older
 Location: Activities House

YOGA AFTERNOON

Day: Thursdays
 Date: May 17 - June 28 Course Code: 12305
 July 12 - August 9 Course Code: 12306
 Time: 1:00 p.m. - 2:00 p.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Age: 18 and older
 Location: Activities House

ASHTANGA YOGA AM

Day: Fridays
 Date: May 18 - June 29 Course Code: 12307
 July 13 - August 10 Course Code: 12308
 Time: 8:30 a.m. - 10:00 a.m.
 Fee: \$45 per resident \$67.50 per non-resident
 Age: 18 and older
 Location: Activities House

No classes for the above May 28 - June 1, June 11 - 15!

QUICKSTART TENNIS

QuickStart Tennis is an exciting new play format for learning tennis developed by the United States Tennis Association. It is designed to bring kids/youth into the game by adapting the equipment, court dimensions, and scoring to the age, skill, and size of children just as other youth sports do. Each lesson includes movement activities and progressive skill development to learn forehand, backhand, and serve in a fun and exciting way.

PEE WEE TUESDAY

Day: Tuesdays
 Date: May 8, 15, 22, 29 Course Code: 12309
 August 7, 14, 21, 28 Course Code: 12310
 Time: 6:00 p.m. - 6:45 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 4 - 7 years old
 Location: Kiwanis Tennis Courts

YOUTH TUESDAY

Day: Tuesdays
 Date: May 8, 15, 22, 29 Course Code: 12311
 August 7, 14, 21, 28 Course Code: 12312
 Time: 7:00 p.m. - 8:00 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 8 - 12 years old
 Location: Kiwanis Tennis Courts

PEE WEE THURSDAY

Day: Thursdays
 Date: May 10, 17, 24, 31 Course Code: 12313
 August 9, 16, 23, 30 Course Code: 12314
 Time: 4:00 p.m. - 4:45 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 4 - 7 years old
 Location: Kiwanis Tennis Courts

YOUTH THURSDAY

Day: Thursdays
 Date: May 10, 17, 24, 31 Course Code: 12315
 August 9, 16, 23, 30 Course Code: 12316
 Time: 5:00 p.m. - 6:00 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 8 - 12 years old
 Location: Kiwanis Tennis Courts



PEE WEE TENNIS AM CLASSES

Day: Monday - Thursday
 Date: June 4, 5, 6, 7 Course Code: 12317
 June 18, 19, 20, 21 Course Code: 12318
 July 9, 10, 11, 12 Course Code: 12319
 Time: 10:15 a.m. - 11:00 a.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 4 - 7 years old
 Location: Kiwanis Tennis Courts

PEE WEE TENNIS PM CLASSES

Day: Monday - Thursday
 Date: June 11, 12, 13, 14 Course Code: 12320
 June 25, 26, 27, 28 Course Code: 12321
 July 30, 31, August 1, 2 Course Code: 12322
 Time: 6:00 p.m. - 6:45 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 4 - 7 years old
 Location: Kiwanis Tennis Courts

YOUTH TENNIS AM CLASSES

Day: Monday - Thursday
 Date: June 4, 5, 6, 7 Course Code: 12323
 June 18, 19, 20, 21 Course Code: 12324
 July 9, 10, 11, 12 Course Code: 12325
 Time: 9:00 a.m. - 10:00 a.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 8 and older
 Location: Kiwanis Tennis Courts

YOUTH TENNIS PM CLASSES

Day: Monday - Thursday
 Date: June 11, 12, 13, 14 Course Code: 12326
 June 25, 26, 27, 28 Course Code: 12327
 July 30, 31, August 1, 2 Course Code: 12328
 Time: 7:00 p.m. - 8:00 p.m.
 Fee: \$35 per resident \$52.50 per non-resident
 Age: 8 and older
 Location: Kiwanis Tennis Courts

TEEN & ADULT TENNIS LESSONS are offered based on community demand. If you are interested in a class or have a group that is interested, call us at the number listed below and ask to be placed on an interest list. Include the day and time period of availability. With sufficient numbers, we will organize a class. A minimum of four participants is required for each class.

KENWOOD PARK TENNIS DRILLS

Improve all your tennis skills! The drills are designed to help you improve your technique for the following shots that you will be encountering in competition tennis: **forehands, backhands, volleys, half-volleys, overheads, and serves.** Emphasis will be placed on proper technique including back-swing, footwork, racket-face control and follow through, plus improving your court positioning. All drills will include games and competition to put your new strokes to the test. **Bring racket and a cold drink.**

Day: Wednesdays
 Date: June 6 - 27 Course Code: 12329
 July 11 - August 1 Course Code: 12330
 August 8 - 29 Course Code: 12331
 Time: 10:00 a.m. - 11:00 a.m.
 Fee: \$40 per resident \$60 per resident
 Age: 15 and older
 Location: Kenwood Tennis Courts

Day: Thursdays
 Date: June 7 - 28 Course Code: 12332
 July 5 - 26 Course Code: 12333
 August 2 - 23 Course Code: 12334
 Time: 7:00 p.m. - 8:00 p.m.
 Fee: \$40 per resident \$60 per non-resident
 Age: 15 and older
 Location: Kenwood Tennis Courts

Tennis is a good sport for maintaining health and fitness. It is also a game that people can play throughout their lifetime and is an ideal social activity. Tennis can be played as both a sport and as a recreational activity with friends and family.

Tennis is a non-impact sport, great way to meet people and spend time with friends, suitable for all ages and skill levels, whatever your level, you can find someone with a similar ability to play, helpful in reducing stress, not dependent on youth or strength - you can play for a lifetime or start the game at any age.

Wii TENNIS TOURNAMENT

GAME, SET, MATCH!! You don't have to be a tennis superstar on the courts to win this kind of tennis tournament. Let's get together and have a Wii bit of fun with a Wii tennis tournament!! Bring your best A-Game and let's see who's got the best strokes! Pre-registration is a must.

Day: Wednesday
 Date: July 11 Course code: 12335
 Time: 6:00 p.m. - 7:30 p.m.



Fee: \$5 per resident \$7.50 per non-resident
 Age: 7 - 12 years old
 Location: Activities House